

# Official Rules for The 2025 Arlington Olympics



Created by Pete Leibman, Founder of ASC

## **OFFICIAL RULES FOR EACH EVENT**

You get one official attempt for each event, unless otherwise noted below. Below are the official rules for each event. In case of any close calls, ASC Founder Pete Leibman will decide the outcome and winner(s) for the event.

### **Event #1: 100-Yard Sprint**

- You will run 100 yards as fast as possible on the turf.
- Cleats are recommended for better grip and faster speed on turf.
- If the turf is not available the day of the event, this event will be on the running track. In that case, you must wear sneakers. Track spikes are not allowed for this event if it's on the running track.
- The first athlete whose torso (not including the head, neck, arms, legs, hands or feet) crosses the closest edge of the finish line first is the winner.

### **Event #2: 200-Meter Sprint**

- You will run 200 meters as fast as possible on the running track.
- You must stay in your lane for the entire event. Switching lanes will result in disqualification.
- You must wear running sneakers. Track spikes are not allowed.
- The first athlete whose torso (not including the head, neck, arms, legs, hands or feet) crosses the closest edge of the finish line first is the winner.

### **Event #3: 5K Obstacle Course Race**

- The course is a 5K distance through Arlington Forest (behind Lubber Run Community Center).
- Competitors will begin next to the outdoor pickleball courts at Lubber Run Community Center.
- You will complete two loops through the Lubber Run Nature Trail in Arlington Forest and back up to the courts next to the Community Center. Below is a photo of the course map.
- Each loop on the course features 10 different obstacles. Below is a description of each obstacle on the course. In order to be considered the male winner or female

winner of the race, you need to complete each obstacle without using any of the modifications offered. Note: You will complete two loops of the course, so you will end up doing each obstacle twice.

### ***Obstacle #1: Shuffle Island***

Shuffle side to side through one lane of cones.

Note: Multiple lanes will be set up for the group. You only need to shuffle from start to finish through *one* lane to complete the obstacle.

### ***Obstacle #2: Decline Delight***

Complete 25 decline pushups with your feet elevated on a bench.

*Modification: Complete 25 regular pushups or 25 pushups on your knees.*

### ***Obstacle #3: Tree Hopper***

Position both of your hands on the large tree stump on the ground next to the trail. While keeping your hands on the tree stump, hop both of your feet over to the other side of the tree. Complete 20 hops in total (10 hops each way).

*Modification: Complete 20 body weight squats.*

### ***Obstacle #4: Amped Amphitheater***

Box jump step-by-step from the cement in front of the amphitheater seating area to the top row of the seating area (about 15 box jumps from bottom to top).

*Modification: Walk up the steps from the bottom to the top of the seating area.*

### ***Obstacle #5: Know Your Row***

Complete 15 inverted rows (at the yellow bars) while maintaining a straight line from head to toe. Your chest must touch the bar at the top of each rep.

*Modification: Complete 15 inverted rows while having your legs bent at your knees.*

### ***Obstacle #6: Lunge Lover***

Pick up a slam ball. Position it (and hold it in place) on top of one of your shoulders. Complete walking lunges from one cone to the other cone and back. Then, place the slam ball back where you picked it up.

Men must use a slam ball weighing 30, 40, or 50 pounds. Women can use a slam ball of any weight (10, 20, 30, 40, or 50 pounds).

*Modification: Lunge with only your body weight from cone to cone (without holding a slam ball on your shoulder).*

### ***Obstacle #7: Stairway to Heaven***

Run or walk from the bottom of the staircase (near the bridge at the start of the Lubber Run Nature Trail) to the top of the first staircase (next to the lower level of the community center) and then up to the top of the second staircase (next to the top floor of the community center).

### ***Obstacle #8: Battlerope Bliss***

Grab both sides of one of the battleropes. Complete 50 double-arm slams with the battlerope.

### ***Obstacle #9: Jump Rope for Joy***

Grab a weighted jump rope or a speed rope. Complete 100 jump rope revolutions, either with 100 normal jumps, 50 double-under jumps, or some combination (for 100 revolutions in total).

*Modification: Complete 100 steps up and down in place without jumping.*

### ***Obstacle #10: Cargo for Gold***

Climb from one side of the cargo net to the other side without touching the ground.

*Modification: Bear crawl for 25 yards on the lawn next to the cargo net.*

You have completed the race after completing obstacle #10 (and all other obstacles) **for the second time**. The course is two loops.

#### **Event #4: Core Strength Challenge**

- This challenge includes three separate movements: (1) ab plank jumping jacks, (2) single-leg mountain climber sliders, and (3) dumbbell side plank rotations with a 20-pound dumbbell.
- Competitors will begin the challenge by completing ab plank jumping jacks for 60 seconds - in sync with a metronome that beeps two times per second. You must maintain a straight line from heel to head during the 60 seconds. You are eliminated if you fail to keep up with the metronome, if you break the straight line from heel to head, or if you tap out. If you complete all 60 seconds with proper form, you advance to the next movement.
- You then have up to 15 seconds to get setup for the next movement. If you take longer than 15 seconds, you are eliminated.
- For movement #2, you will complete 30 seconds of single-leg mountain climber sliders per leg. Hands must be directly under shoulders for the entire set. One leg must remain completely off the ground for 30 seconds at a time. You are eliminated if you fail to maintain good form with a flat back, if you stop moving, if any part of your elevated leg touches the ground, or if you tap out. You will be given one courtesy slip (per foot) if the slider slips out from under your foot. If it happens twice on one foot, you are eliminated. You will also be given up to 5 seconds in between legs to switch the foot on the slider for the second 30-second interval. You are eliminated if you fail to get setup for the other leg within five seconds or if any part of your shin or knee touches the ground while changing feet. If you complete 30 seconds on each leg with proper form, you will advance to the third and final movement.
- You then have up to 15 seconds to get setup for the next movement. If you take longer than 15 seconds, you are eliminated.
- For movement #3, you will complete as many rounds as possible of 10 quality reps of side plank rotations (per side) with a 20-pound dumbbell (i.e. 10 on the left side, 10 on the right side, 10 on the left, 10 on the right, etc.)
- Your feet must remain stacked at all times, except when switching sides. No part of your leg other than your feet may be in contact with the ground at any time, including when you switch sides.
- The challenge ends when you tap out on the side plank rotations, if any part of your leg (other than your feet) comes in contact with the ground at any time, or if Pete determines that your form has become compromised.
- The winner will be the person who makes it to the side planks and completes the most total repetitions with quality form.

- You are not allowed to place a towel or any extra mats or pads under your arms or hands for any part of the core strength challenge. Your arms or hands must be in direct contact with the surfaces provided by ASC.

### **Event #5: One-on-One Pickleball Tournament**

- This will be a single-elimination tournament. One bracket will be created randomly for men, and one bracket will be created randomly for women.
- Two competitors will play one game to 11 points. A game must be won by 2 points. The winner of the game will advance to the next round until there is a final winner.
- Competitors will play one volley to determine who serves first.
- For the game, points can only be scored by the server.
- If a fault is committed by the receiver, the server gets a point.
- If a fault is committed by the server, the server loses the serve.
- The server begins the game from his/her right side of the court. If the server scores a point, they switch sides and serve from the left side of the court.
- The serve must be an underhand serve in which the ball is contacted below the server's naval. The serve must be struck with both feet behind the baseline. Neither foot may touch the baseline or the court until after the serve is struck. The serve must be hit into the opponent's diagonally opposite service area. If the serve contacts any part of the non-volley line it is considered "short" and is a fault.
- The serve must bounce before the opponent can return it and the return must bounce before the server can return it (double-bounce rule). Subsequent hits may be struck before or after the ball has bounced.
- The server may only have 1 service attempt, except in the case of a let (the ball hits the top of the net, but still lands in the proper service court).
- Players standing in the non-volley zone or on the non-volley line may not strike a ball before it bounces.
- If the ball contacts any part of the sideline or baseline, it is considered "in."
- If the ball is hit into the net or out of bounds, it is a fault.
- If the ball bounces twice before being hit by the receiver, it is a fault for the receiver.
- If a player, player's clothing or paddle touches the net while the ball is in play, it is a fault.
- If the ball hits a player or player's clothing, it is a fault.
- If the players disagree on a certain call, the "honor system" applies and the players should find a way to agree, or play the point over.

### **Event #6: 400-Meter Sprint**

- You will run 400 meters (one lap) as fast as possible on the running track.
- You are not allowed to change lanes at any time during the sprint.
- You must wear running sneakers. Track spikes are not allowed.
- The first athlete whose torso (not including the head, neck, arms, legs, hands or feet) crosses the closest edge of the finish line first is the winner.

### **Event #7: Max Broad Jump**

- You will begin with your feet behind the starting line.
- From a dead start (no run-up or hops allowed), swing your arms back and jump as far as you can while landing on two feet.
- You must land on both feet for the jump. Landing on one foot at a time will be considered as a failed attempt.
- Leaning forward after the jump is allowed, as long as your feet stay on the ground. If your feet come off the ground, it will be considered as a failed attempt. Falling backwards after your jump will also result in a failed attempt.
- Your distance is the total distance covered from the starting line to the back of your heel that is closest to the starting line after your jump.
- You will get up to three attempts (including failed attempts) back-to-back.

### **Event #8: Push-Up Challenge**

- Competitors will complete push-ups with perfect form- in sync with a metronome that beeps once per second.
- Your body must maintain a straight line from your heels to your head for the entire set. The set ends if you fail to maintain a straight line, if you fail to keep up with the metronome, if you fail to take the reps through a full range of motion, if Pete determines that your form has been compromised, or when you tap out.
- Begin at the top of a pushup with both arms fully extended. On the fourth beep of the metronome, you will lower your body to the bottom of a pushup while maintaining a straight line from head to heel. You will stay in that position until the metronome beeps four more times, and then you will return to the starting position.
- The test will continue at this cadence until each competitor has tapped out or been disqualified due to poor form.
- Your body must come within two inches of the ground at the bottom of each rep.
- Your arms must be fully extended at the top of each rep.

- Your hands must be directly under your shoulders at the top of each rep.
- Bouncing off the ground or resting on the ground is not allowed and will result in elimination.
- Partial reps or reps with bad form will result in elimination. Do not drop your head or let your hips sag.

#### **Event #9: Three-Point Basketball Shooting Contest**

- You will be given 10 untimed attempts to shoot a basketball into the hoop from straight away from 20 feet and 6 inches away (the distance of the three-point line for international play).
- Men will use a mens' basketball, and women will use a womens' basketball.
- In the event of a tie, participants will be given 5 more attempts.
- This event will either be indoors at Lubber Run or outdoors at Lubber Run.

#### **Event #10: Timed One-Mile Race**

- You will run four laps around the running track as fast as possible.
- You can change lanes at any time.
- You must wear running sneakers. Track spikes are not allowed.

#### **Event #11: Team Obstacle Course Race**

- ASC Founder Pete Leibman will divide the group into teams of 3-4, based on fitness level and/or one-mile race times.
- Rules and obstacles will be released on the day of the event.

#### **Event #12: Table Tennis Tournament**

- This will be a single-elimination tournament. One bracket will be created randomly for men, and one bracket will be created randomly for women.
- Two competitors will play one game to 11 points. A game must be won by 2 points. The winner of the game will advance to the next round until there is a final winner.
- We will mainly follow the rules from USA Table Tennis, as noted below.



- Each side of the table alternates serving two points at a time. EXCEPTION: After tied 10-10 (“deuce”), service alternates at every point.
- You must toss the ball straight-up when serving. Hold the ball in your open palm, behind your end of the table. Toss at least 6” straight up, and strike it on the way down. It must hit your side of the table and then the other side. NOTE: Once the ball leaves the server’s hand it is in play, and so counts as the receiver’s point if the ball is missed or mis-hit.
- There is no restriction on where the ball lands on your side or your opponent’s side of the table. It can bounce two or more times on your opponent’s side (if so, that’s your point), bounce over the side, or even hit the edge.
- A serve that touches the net on the way over is a “let” serve and is done over.
- You cannot hit the ball before it bounces on your side of the table. Doing so results in a point for your opponent. NOTE: When your opponent hits a ball that sails over your end of the table without touching it and then hits you or your paddle, that is still your point.
- If the ball touches your PADDLE hand and otherwise results in a legal hit, there is no rule violation and play shall continue as normal. Your paddle hand includes all fingers and hand area below the wrist. You may not touch the ball with your non-paddle hand for any reason. It will result in a point for your opponent.
- You may not touch the table with your non-paddle hand.
- If the players disagree on a certain call, the “honor system” applies and the players should find a way to agree, or play the point over.